



SECURING FUTURES LIFE SKILLS PROGRAM

An 18-month fee-for-service program that is personally tailored to each individual's strengths and abilities.

Taught by content specialists, including professionals who have epilepsy.

- Hybrid learning
- Three times a week (M/W/F, 11am – 12:30pm)
- 1:1, peer and group reviews
- Support and Social groups



Content Covered:

- Health and Medical Skills
- Domestic and Household Skills
- Interpersonal Communication and Community Skills
- Financial and Budgeting Skills



LEARN – CONNECT – GROW



Eligibility criteria:

- Ages 20–50
- Diagnosed with Epilepsy
- Able to articulate verbally
- Able to participate virtually
- Willingness to create goals and implement them at home
- Capacity to learn and participate in group settings

Contact securingfutures@epilepsytoronto.org for more information.